A CAREER CONFERENCE FOR 5TH—8TH GRADE GIRLS
PRESENTED BY WOMEN FOR FUTURE WOMEN

PLUS:
AN ADULT WORKSHOP

SATURDAY, MARCH 21 2020
9:00 a.m. - 12:30 p.m.
Olympic College Bremer Student Center
Registration at 8:30 a.m.

WORKSHOP GOALS:
• Increase girls’ interest in mathematics and science through positive hands-on experiences.
• Foster awareness of career opportunities for women in math and science related fields.
• Provide students an opportunity to meet women working in non-traditional careers in math and science related fields.

Registration Fees:
$10.00 Student,
$5.00 Adult workshop
Scholarships available

For further information call or email Ms. Hess:
(360) 475-7727, lhess@olympic.edu or
Ms. Brittain: (360) 271-0389,
kitsapgems@yahoo.com
**SCHEDULE**

8:30-9:00  Check in
9:00-9:15  Welcome /Orientation
9:30-11:50 Adult Workshop
9:30-10:10 Student Workshop #1
10:20-11:00 Student Workshop #2
11:10-11:50 Student Workshop #3
12:00-12:45 Lunch and Closing Activity

**Important Information**

**PLEASE NOTE:**

♦ Registration begins at 8:30 a.m. **Please do NOT** arrive before that time as staff will not be prepared for you.
♦ All students must be picked up by **12:45 p.m.** at the Bremer Student Center.
♦ Olympic College is wheel-chair accessible.
♦ **Make a copy of your form for your records.**
♦ Cell phone use is **NOT** allowed in any workshop

**Workshop Choices**

1. **Fun With Air Pressure**
   Air pressure is the weight or force of the atmosphere at any particular point. Although you can’t feel it or see it, air pressure plays an important role in many areas and can be demonstrated with some fun experiments.

2. **Sculptures That Move**
   Learn how to build a cardboard sculpture with moving and rolling parts using reclaimed cardboard, ribbon wheels, and dowel rods.

3. **Electric Earrings**
   In this activity, you will learn about electrical engineering, why we use a fuse for electrical circuits, use of an Ohm meter and how to solder in order to create fuse earrings.

4. **Fun With Chemistry**
   Amazing experiments with common chemicals. Explore the world of the research scientist and make goopy, foamy, and colorful things.

5. **Finding the Right Balance**
   Finding the Right Balance. Explore the importance of exercise including strength, flexibility & balance training utilizing current Physical Therapy techniques.

6. **Build-it & They Will Come!**
   Learn how mathematics is used in building things. Take home a project built by your own hands.

7. **Blast Into the Future**
   How does a rocket reach outer space? Learn the basics of rocket design and test your new knowledge by flying your own rocket.

8. **Behind the Badge**
   Ever wonder what it’s like to respond to calls as a police officer or work in a jail? Come participate in activities and learn about some of the exciting things that women do in the Law Enforcement field. An eye opening experience guaranteed.

9. **A Pinch of This, A Pinch of That**
   See how math, science, and reading make a difference in all your cooking endeavors.

10. **Cosmetic Chemistry**
    Learn the basic chemistry behind your cosmetics and use natural ingredients to make some!

11. **To the Beat of My Heart**
    Why would your heart race if Billie Eilish walked up to you? Why do people faint? Come and see what you can learn about your heart and your pulse.

12. **Robotic Solutions**
    Learn about basic robotics in design and function as you solve puzzles in this creative workshop. You will be working with robotic sensors and actors to design, build, and test your solutions to a variety of challenges.

**SEE NEXT PAGE FOR MORE WORKSHOPS**

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**Map:**

Turn west onto 15th St from Warren Ave and proceed towards the Clock Tower.
13. Learn to Save a Life
What does “cardiac arrest” mean? How can chest compressions bring someone back to life? And what does electricity have to do with any of it?

14. E-Fashion
Use electricity to illuminate a creation of your own. Design a scarf, ornament, or a bookmark with the power of circuit design and simple sewing stitches.

15. DNA: The Stuff of Life
DNA is the "stuff of life"! It contains the genetic "directions" for all living things. We have miles and miles of DNA in all of our cells combined but it's too small to actually see. In this workshop you will use common household ingredients to extract so much DNA from the many cells that line the inside of your cheeks that you'll actually be able to see it...and take it home with you.

16. Dial 911!
Save the day! Smother a fire and learn emergency first aid. Check out the inside of an ambulance and learn what it takes to be a fire fighter.

17. Who & Where Is That Marine Mammal?
Ever wonder how scientists identify and locate wild marine mammals? Students will be introduced to sound to study marine mammals. Students will then do their own analysis to identify species from the recorded sound files and learn to locate the direction of the vocalizing animals using geometry.

**ADULT WORKSHOP**

**TOPIC: Coping with Adolescent Stress and Depression**

Participants will learn how to recognize the risk factors and warning signs for depression, in addition to discussing ‘typical adolescent’ development. This workshop helps parents/guardians understand that children/teens watch adults more than they listen to them and that what adults do to handle their own stress makes a difference. Modeling coping skills is a great way to teach teens this lifelong practice. This workshop provides the basics of suicide prevention, including incident data, warning signs and resources for help.

**THANKS!**
To our conference sponsors and donors:
- Lockheed Martin
- Lockheed Martin Leadership Association, Bangor Chapter
- Lockheed Martin STEM Committee
- Olympic College Department of Mathematics and Science
- Olympic College President
- PSNS and the K-12 Outreach Team
Registrations must be postmarked by Friday, March 6, 2020

Please make check payable to:

Olympic College GEMS
FEE CODE GM

Mail check and registration to:
O.C. Cashier’s Office
1600 Chester Avenue
Bremerton, WA 98337-1699

PLEASE PRINT CLEARLY

Student Name _______________________________________________________

School ____________________________________________________________ Grade ______

My child has permission to participate in this event and her photos may be used.

_____________________________________________________________________

Parent/Guardian SIGNATURE

_____________________________________________________________________

EMERGENCY TELEPHONE

List your first FIVE workshop choices in the spaces below. You will be assigned to THREE.

1st ______  2nd ______  3rd ______  4th ______  5th ______

No confirmation will be sent unless you provide a LEGIBLE e-mail address. PLEASE PRINT

E-mail ____________________________________________________________

ADULT REGISTRATION WORKSHOP:

Please sign me up for the adult workshop:

Adult Name _______________________________________________________

NO CELL PHONE USE ALLOWED IN WORKSHOPS